REGINA metro®

NEWS WORTH SHARING.

Wallin says she was targeted

Senator claims smear campaign PAGE 3

'I JUST CAN'T BELIEVE HOW QUICK IT SNOWBALLED'

CROONER TOM HICKS, WHO SHOT TO UNEXPECTED FAME, ISN'T TAKING ANYTHING FOR GRANTED PAGE 7

At the Centre of it all

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Sergeant-at-Arms Patrick Shaw carries the mace into the Saskatchewan Legislative Assembly for the reading of the throne speech in Regina on Wednesday. MICHAEL BELL/THE CANADIAN PRESS

Province eyes aid for repeat ER patients

Throne speech. Pilot programs aim to unclog emergency rooms

In an effort to cut emergency-room backlogs, the Saskatchewan government is planning to focus on helping people who repeatedly show up in hospital ERs.

The throne speech Wednesday outlined "hot spotting" pilot programs for Saskatoon and Regina to tackle new pressures that growth has put on health care and education.

In a news conference before the throne speech was read in the legislature, Premier Brad Wall said the top-five users of emergency rooms accounted for more than 500 visits to ERs last year.

"You can imagine how many others ... where if we were properly meeting their needs in ER that first time ... whether it's mental-health care or whether it's addictions treatment, if we were able to do that, it's going to just reduce the number of visits," he said.

Wall has said that by 2017 the province will ensure no one waits to receive emergency room care.

The premier also said the province will create a program to help keep seniors out of the hospital and long-term care.

In education, there are plans to build more schools and improve Internet access.

THE CANADIAN PRESS

NDP leader left unimpressed

The Opposition said the government's plans don't go far enough to help students or seniors. NDP Leader Cam Broten said most of the ideas have already been announced or fall short.

- "It's not speaking to the needs that Saskatchewan families have," Broten said. "What I was hoping to see was a throne speech that would address some key areas that families are talking about ... and businesses."
- Broten said those concerns include diversifying Saskatchewan's economy, more action on seniors' care and more resources for education.

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Pamela Wallin tells her side of Senate expense scandal

Stating their cases. Former Conservatives Mike Duffy and Patrick Brazeau also facing possibility of being kicked out of Senate

Pamela Wallin says a government move to expel her from the Senate is an affront to Canadian democracy, motivated by politics and personal vendettas against her by confidantes of Prime Minister Stephen Harper.

The embattled senator — who has reimbursed almost $150,000 in travel expense claims that the Senate has ruled invalid — told the chamber Wednesday that she was targeted unfairly by fellow Conservatives Marjory LeBreton and Carolyn Stewart Olsen.

LeBreton was government leader in the Senate until she stepped down this summer. Stewart Olsen is a former aide to Harper who, until this week, was a key member of the Senate committee that sat in judgment on Wallin and three other senators, ordering external audits of their expenses and ultimately asking the RCMP to investigate all four.

Wallin said public opinion was whipped up against her by 14 different leaks to the media — leaks she believes "were orchestrated in large measure by senators LeBreton and Stewart Olsen" and which were designed to cast her conduct "in the worst possible light."

The pair "could not abide the fact that I was outspoken in caucus, or critical of their leadership or that my level of activity brought me into the public eye and once garnered the praise of the prime minister," Wallin said, her voice occasionally wavering. "They resented that. They resented me being an activist senator."

LeBreton rose immediately following Wallin's speech to call her accusation "false, false, false."

LeBreton denied ever leaking information about Wallin to the media or instigating the investigation into her expenses. Indeed, LeBreton said it was a letter of complaint to Senate administration from one of Wallin's own staffers that prompted a review of her travel claims.

Saskatchewan Sen. Pamela Wallin arrives at the Senate on Parliament Hill on Wednesday. SEAN KILPATRICK/THE CANADIAN PRESS

In addition to Wallin, the RCMP is investigating the housing allowance and living expense claims of three others — former Conservatives Mike Duffy and Patrick Brazeau, as well as former Liberal Mac Harb, who has resigned from the Senate.

THE CANADIAN PRESS

Boxers in Sask. to punch their tickets to the Olympics

Catherine Cadieux, left, goes toe to toe against Sabrina Aubin-Boucher. ROSS ROMANIUK/METRO

Blood, sweat and maybe even tears are on display at an event packing more of a wallop than Saskatchewan sports have seen in some time.

More than 140 competitors are trying to punch their tickets to the Olympics, slugging it out until Saturday in the Elite Men's and Women's Canadian Boxing Championships at Regina's Orr Centre.

"This is the beginning of our Olympic cycle. Now, we start determining who is going to represent our country," Pat Fiacco, Regina-based president of Boxing Canada, told Metro.

"We've got a whole new group of athletes at the elite level for the first time."

Sebastien Gauthier, one of the coaches of Quebec's team at the championships, said the stakes of the 2016 Games are "why the athletes are so serious" this week.

Spectators are seeing something unusual at this tournament. When the bouts began on Tuesday, the men weren't forced to wear protective headgear for the first time in nearly 30 years — a change made by the sport's overseers, Gauthier explained, "to make the show more entertaining" and in hopes of keeping boxing in the Olympic Games. Of the 51 women in the event, the main attraction is three-time world champion Mary Spencer, Canada's first female Olympic boxer defending her national title.

Tickets are available at the Orr Centre or through reginaboxingblub.ca.

ROSS ROMANIUK/METRO

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Harper says 'darn right' he asked Duffy to repay expenses

Striking back. Prime minister breaks his silence, denies having advance knowledge of Duffy cheque

Prime Minister Stephen Harper has mounted his most spirited defence in months on the Senate spending scandal, accusing Sen. Mike Duffy of playing the victim card because he was ordered to repay inappropriate expenses.

Harper has had little to say about the long-running scandal that has seen three of his Conservative appointees turfed from caucus and now involves the RCMP investigating Harper's former chief of staff.

But after Duffy gave an incendiary speech in the Senate accusing Harper of underhanded tactics, the prime minister fired back in the House of Commons.

Conservatives are seizing upon Duffy's claim that he was ordered to repay expenses even though he'd been assured he had done nothing wrong.

As Harper said to roars of approval from his backbench today, "You're darn right I told him he should repay."

Harper also said he fully endorses a motion in the Senate to expel without pay Duffy and former Conservative appointees Pamela Wallin and Patrick Brazeau.

Harper is also emphatically denying any advance knowledge of the $90,000 cheque his chief of staff Nigel Wright gave Duffy to pay off the expense claims.

THE CANADIAN PRESS

Prime Minister Stephen Harper answers a question in the House of Commons, Wednesday. ADRIAN WYLD/THE CANADIAN PRESS

Moscow. Activists now facing reduced charges

Russia's main investigative agency said Wednesday that it has dropped piracy charges against jailed Greenpeace activists, including two Canadians, and charged them instead with hooliganism.

The news brought little comfort to anxious family members back home, since the new charges still carry stiff prison sentences of up to seven years.

But Patti Ruzycki Stirling, whose brother Paul Ruzycki was serving as first mate aboard the Greenpeace ship Arctic Sunrise when it was seized last month, said the decision still represents progress from the Russian government.

Ruzycki, fellow Canadian Alexandre Paul and 28 other activists were originally facing prison terms of up to 15 years under the original piracy charges.

"It's the first step in the right direction, the fact that they've come to their senses and realized that piracy is lunacy, that they had no grounds for that," she said in a telephone interview from her home in Port Colborne, Ont.

Greenpeace took a harder line, saying their crew members were arrested while travelling in international waters and should not be behind bars at all.

THE ASSOCIATED PRESS

Royal baby baptism

Britain's Prince William holds his son George as they arrive at Chapel Royal in St. James's Palace in London, Wednesday, for the christening of the three-month-old prince. JOHN STILLWELL/THE ASSOCIATED PRESS

Saudi Arabia

Authorities warn women not to protest driving ban

The ministry in charge of Saudi Arabia's police is warning against "disturbing public order" days before activists are to call on women to drive cars in defiance of a ban on them getting behind the wheel. The Wednesday statement from Interior Ministry spokesman Turki al-Faisal appeared directed at this Saturday's campaign.

Women are not issued licences in the conservative kingdom. THE ASSOCIATED PRESS

Vietnamese dopers dig the Canadian bud

For the young Vietnamese dope smokers rolling up outside a smart Hanoi cafe, local cannabis is just not good enough. As with their Adidas caps, iPhones and Sanskrit tattoos, so with their choice of bud: only foreign will do.

Potent marijuana grown indoors in Canada and the United States is easy to buy in Hanoi and Ho Chi Minh City, say regular smokers, and sells for up to 10 times the price of locally grown weed. That's perhaps surprising given that marijuana is easy to cultivate regionally, and bringing drugs across continents is expensive and risky.

Some experts say the trade can be explained by the dominant role Vietnamese diaspora gangs play in cultivating the drug in western countries, making sourcing the product and smuggling it to Vietnam an easier proposition than it might be otherwise.

The characteristics of cannabis use in the country also drive the trade. The drug is used mostly by foreigners and well-heeled Vietnamese, who are prepared to pay for quality. Vietnamese have long shown preferences for imported goods of all kinds — and it appears cannabis is no exception.

Regardless of the reasons, its availability in Vietnam is a sign of how hydroponic growing techniques have shaken up the global marijuana business. In the 1960s and '70s, marijuana went from plantations in countries such as Thailand, India and Morocco to wealthy consumer markets in the West. Now, many western countries are self-sufficient in the weed because of indoor cultivation, and export is on the agenda.

Western-grown cannabis is also appearing in Japan and South Korea.

THE ASSOCIATED PRESS

A man rolls a joint with marijuana that's grown in Canada at his room in the old quarter of Hanoi, Vietnam, earlier this month. Western-grown marijuana is popular among the elite in Vietnam. NA SON NGUYEN/THE ASSOCIATED PRESS

Premium price

$45

Smokers said one gram of Canadian weed retails for up to $45, the average weekly wage in the country. Mid-quality hydroponically grown marijuana sells for about $10 a gram in Canada and the U.S.

Journalists Glenn Greenwald, left, and Jeremy Scahill will help lead an ambitious news outlet focused on "government transparency and accountability." SILVIA IZQUIERDO/THE ASSOCIATED PRESS FILE

Will $250M news experiment work?

Brainchild of eBay founder. Only time will tell if the well-funded venture to be led by group of activist journalists is able to reach lofty goals

KIERON MONKS
Metro World News in London

The biggest national security breach in U.S. history was a warm-up for Glenn Greenwald. The activist reporter who published Edward Snowden's revelations is to launch a well-funded news outlet with a priority to share secrets from the world of surveillance, raising fears that U.S. national security will suffer.

EBay founder Pierre Omidyar has pledged a minimum $250 million US to the "mass media organization" and specifies a focus on "government transparency and accountability." Along with Greenwald, fellow NSA publisher Laura Poitras will be a founding member, as well as Jeremy Scahill — the man who exposed the Blackwater scandal in Iraq and CIA torture practices.

Omidyar has been coy on details — the location and launch date have not been announced — but the billionaire is known to support a horizontal model giving more freedom to journalists than traditional media. Greenwald has said this freedom was a major incentive for leaving The Guardian, which redacted many of Snowden's documents for security reasons, although the published reports were still explosive enough to cause the resignations of leading NSA directors.

Thousands of the documents remain unpublished.

"I think Omidyar is mission-driven," Jay Rosen, director of journalism at New York University and close to both Greenwald and Omidyar, told Metro.

"What he gets out of it is the prestige of … excellent, public-service journalism … that reveals what would have remained hidden."

Great expectations

"We expect (they) will produce hard-hitting investigative journalism on the ever-expanding surveillance state."

A source at the Electronic Frontier Foundation, which is organizing an anti-NSA rally.

Star Trek-inspired device allegedly not real McCoy

An Illinois man faces charges after he allegedly convinced a company to finance a healthcare tablet computer named after Star Trek's Dr. McCoy as part of a scheme prosecutors are calling pure science fiction.

Howard Leventhal, who was arrested at his home north of Chicago earlier this week, is charged with fraudulently impersonating Health Canada officials — including former deputy minister Glenda Yeates — and with bilking a Florida firm out of $800,000 US.

Prosecutors allege the scheme came complete with phoney domain names, telephone numbers and email addresses that closely resembled those used at Health Canada.

They say Leventhal promoted the McCoy Home Health Tablet, a telemedicine device he said could beam detailed patient data instantaneously to physicians and other licensed medical-care providers.

Leventhal brokered an agreement with Paragon Financial Group of Fort Lauderdale that saw Paragon "advance" cash in exchange for its right to collect a larger sum of money purportedly owed to Neovision by Health Canada, the prosecution says.

Paragon believed it was investing in technology that could help save lives, prosecutors say. TORSTAR NEWS SERVICE

$6 for tea??? Starbucks aims to make stodgy drink of British grannies cool

Starbucks is trying to make tea trendy, with plans to open its first "tea bar" in New York City.

The Seattle-based company says Teavana Fine Teas + Teavana Tea Bar will serve sweets and other food, including flatbreads, salads and small plates ranging in price from about $3 to $15. Drink prices will range from $3 to $6, and include novelties such as a Spiced Mandarin Oolong tea and carbonated teas.

The menu of food and freshly made drinks is a switch for Teavana, a chain of about 300 stores that sells boxed and loose tea and accessories. Teavana stores are mainly in shopping malls, but Starbucks CEO Howard Schultz said he plans to expand the footprint to include more locations in urban areas. The company plans to add brewed tea and food to more Teavana stores.

The opening of the New York City store on Thursday comes after Starbucks bought Teavana last year. The company has said it plans to use the acquisition to make tea a bigger part of American culture, as it has with coffee.

Starbucks hopes Teavana "tea bars," featuring $3 to $6 drinks, will be a hit. CANDICE CHOI/THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

Bank of Canada

Interest rates likely to stay low

The Bank of Canada has pointedly dropped its warning about the potential for higher interest rates, triggering a sell-off in Canadian dollars that pushed the loonie almost one cent lower Wednesday and raised speculation that rates could actually fall further. THE CANADIAN PRESS

Market Minute

DOLLAR 96.30¢ (-0.89¢)

TSX 13,243.40 (-4.66)

OIL $96.86 US (-$1.44)

GOLD $1,334 US (-$8.60)

Natural gas: $3.62 US (+0.03)
Dow Jones: 15,413.33 (-54.33)

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BURPING COWS ARE A GAS, GAS, GAS

HE SAYS

John Mazerolle
metronews.ca

In these uncertain times of huge, unprecedented disasters like climate change and the Senate, it's nice to know that there are still stories that fill us with awe, still moments that make us think, "it's not such a bad life, after all."

Which is why, this week, I'd like to talk about burping cows. According to an Oct. 21 story by the Reuters news agency, Argentine scientists have devised a system that can tap directly into a cow's digestive tract and remove up to 300 litres of pure methane per cow per day, "enough energy to keep a refrigerator running for 24 hours."

This story raises all sorts of interesting questions. Like, my fridge can run on intestinal gas? Do I even need the cow?

But before I follow that line of thought to places we can't return from, here's an even bigger question: How come I never get journalism assignments like this? When I was a field reporter, I was always sent to events that had no effect on anybody, like city council meetings.

Yet some lucky Reuters reporter was sent to watch top Argentine agricultural technologists channeling digestive gases from inside a cow through high-tech tubing to a tank on its back.

I like to imagine it was just like NASA mission control: When the burps successfully entered the tank, scientists high-fived and whooped while a mission commander removed his headset and heaved a relieved sigh, possibly methane-based.

Though it would have been a fun assignment, it's my duty as a serious journalist to stress that this isn't all fun and gas. As Canadians, we have to be concerned that Argentina now leads the race toward cow-excretion-collection supremacy, probably because the world was so focused on Iran. Argentines: First they get the Pope, then they get the power.

Let's not understate the gold mine here: Cows produce what scientists call a "heap ton" of gas because cows have a lot of stomachs , including the Greater Stomach, the Lesser Stomach, the Secret Stomach behind the bookcase, and the Ultra-Deluxe Stomach (not available on all models, ask dealer for details).

You know how you feel after you've had four burgers and you're lying on the couch and your stomach starts making noises that seem to say, "All non-vital personnel, please clear the area"? Imagine how that would feel if you had multiple stomachs! For one thing, you could win every belching contest from here to Buenos Aires.

Even if such dreams never come to pass (get it?), it's clear that belching cows are now another technological advance to consider for countries seeking energy independence. Countries like Canada. Are you pondering what I'm pondering? Given the other big news stories in Canada, I think we can all agree that Canada's next course of action to slow climate change and greatly improve the Senate involves bringing long lengths of tubing to Parliament Hill.

At the very least, our fridges will run well. Give it a sober second thought.

ZOOM

My pet monster

DAMIAN DOVARGANES/THE ASSOCIATED PRESS

A hairy, scary 30-year commitment

A tarantula peeks out of his webbing filling the entire container in Los Angeles. This is one of the 50 tarantulas nurse Dee Reynolds cares for at her home. Tarantulas are the heaviest, hairiest, scariest spiders on the planet. They have fangs, claws and barbs. They can regrow body parts and be as big as dinner plates, and the females eat the males after mating. But there are many people who call these creepy critters a pet or a passion and insist their beauty is worth the risk of a bite.

Unlike Fido or Whiskers, you can't cuddle with them, dress them for Halloween or play catch. They can cost hundreds of dollars, but they can also live for 30 years. THE ASSOCIATED PRESS

They grow up so fast ...

The tarantula starts life as a sling — short for spiderling — so they can be as small as a fingernail and grow as large as a dinner plate. It eats mostly live crickets, cockroaches and some mice. The spider turns prey into stew by pumping in venom through its fangs.
THE ASSOCIATED PRESS

Bites not so bad (usually)

All tarantulas can bite, but owners say it's no worse than a bee sting, unless you are allergic.

- Although there's no documented case of a fatal bite, some have more potent venom than others, and there is no anti-venom, so you treat the symptoms and hope for the best.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

It's a familiar problem that likely affects somebody you love: The agony that comes with waiting for your Candy Crush lives to refill. But don't worry, there's plenty of other free mobile games to save you from doing anything too productive.

Paint It Back:

A game of nonograms, which are grid-based puzzles that label each row and column with numerical clues for which squares must be shaded to reveal a picture. They're also known as Picross to Nintendo DS fans. If none of that makes sense to you, just know that it's good brain-teasing fun and Paint It Back is designed to ease you in gently. (iOS)

Candy Mania:

It wouldn't be unfair to say this game was, um, "inspired" by Candy Crush. But there are enough twists on the gameplay — not to mention the continual introduction of new mechanics — that it never really feels like you're playing the same game over again. (iOS/Android)

Pocket Mine:

Take control of a miner and start digging, collecting as many precious metals as you can until your pick shatters. Take that cash and upgrade your picks while acquiring upgrades like exploding coal and volatile grenade boxes, all set to a sepia-toned 8-bit soundtrack.(iOS)

Twitter

A U.S. man called the cops after his Jell-O went missing from the work fridge. What's your anti-lunch theft strategy?

I go out of my way to make really disgusting lunches so no one would want to steal them. Almost inedible. Really gross stuff.
@Canucklehead_ca

Tape a note explaining you're constipated and it contains a strong medicinal laxative.
@TradeMarck

Fake Moldy Lunch Bag!
@danfwhite

Super hot sauce. The thief is the sweaty person with a really red face.
@FrenchmanCanada

Label lunch bag "Poisonous snake specimen". For bonus points, actually put snake in.
@Cazzy

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From obscurity to Rising Star

Tim Hicks. Country musician was just about ready to throw in the towel when Get By started getting attention

BACKSTAGE PASS
Simon Hiatt
saskatoon@metronews.ca

Rising country music star Tim Hicks is currently in the middle of his Canadian tour, which kicked off with shows in Regina and Saskatoon last month. CONTRIBUTED

Twelve months ago it would have been pretty much impossible for Tim Hicks to predict what 2013 had in store for him, and not just because it included stops this month in Kuwait and Oman.

This time last year he was a relatively obscure country musician who says he had "stopped trying to get a record deal and make it."

Since then, he has rapidly ascended to the status of one of the hottest stars in the genre, being invited to perform for Canadian troops in the Middle East.

"It means a lot for me to be able to go over and sing a few songs because I think those poor guys and gals over there are crying for entertainment, so it's the least I can do to go over there and strum a few chords," Hicks said in an interview earlier this fall.

The trip may have been an appropriately dizzying exclamation point to an incredible year during which Hicks says his head hasn't stopped spinning.

His rise began with the release of the song Get By in late 2012; by February it had made the Canadian Hot 100 and went on to be the number one selling country song in the nation for 17 weeks.

"I just can't believe how quick it snowballed," Hicks said.

"From the very first time we played (Get By), I knew we had something special on our hands. We were still doing cover gigs and we'd break it out and by the second chorus the crowd was singing it with us."

Two more successful singles have followed along with a nomination for a Canadian Country Music Association Rising Star award.

And at least partially because success came at a relatively advanced age for Hicks, he both appreciates it more than some of his younger colleagues, and also realizes it could be gone tomorrow. For that reason he plans to enjoy the ride for as long as he possibly can.

"You certainly don't take it for granted; it doesn't get lost on me. Every day I get to do this is a blessing, tomorrow it will somebody else that everybody is interested in so we've got to live for today."

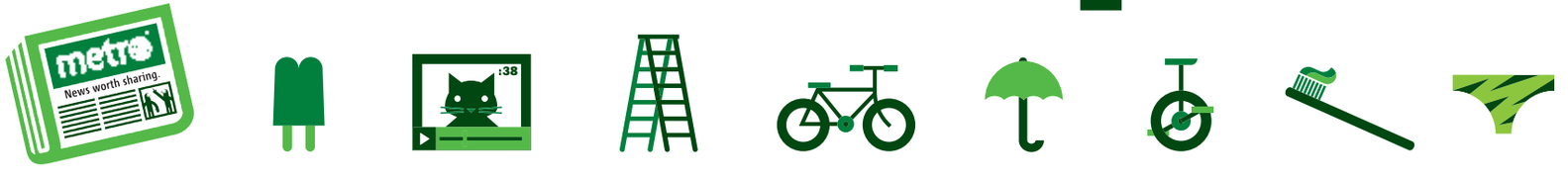
Motivation

This week Tim Hicks kicks off the second half of his Throw Down Club Tour in Ontario, but he chose to start it in Saskatchewan last month with back-to-back shows in Regina and Saskatoon because of the support he has received here.

- **Quote.** "We sold out the shows; the kids were rabid and rowdy. But we felt right at home because the boys and I have played lots of bars and clubs and chicken wing joints for the last 15 years, so we're very at home in that environment. That's why it's so exciting to come out and do these gigs."

SCENE

Sharability



Katharine McPhee

Married McPhee caught kissing married director

American Idol alum Katharine McPhee has been caught locking lips with her former Smash director Michael Morris after an intimate lunch date, according to Life & Style. The only problem? They're both married — McPhee to performer-turned-producer Nick Cokas and Morris to actress Mary McCormack. McPhee and Cokas "have been separated for six months," a source says. "Nick continues to co-manage her music." But the status of Morris and McCormack's marriage is unclear.

Forget it girls, there'll be no 50 Shades of McConaughey

A whole lot of actors are being considered to replace Charlie Hunnam as Christian Grey in the Fifty Shades of Grey movie, but don't include Matthew McConaughey on that list. "I've heard of it, yeah. I have not read the book. I don't even know what the book is about," he tells E! News when pressed on the subject. "I'd be making up an answer if I told you any more."

Matthew McConaughey

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Lohan and posse hit wrong notes in Karaoke bar

Apparently Lindsay Lohan doesn't need booze to get into trouble during a night on the town. The troubled actress was reportedly "insanely belligerent" after an all-night party in a private karaoke room at a New York City bar, according to the NY Daily News. While Lohan was overheard insisting she wasn't drinking, her hangers-on drained a bottle of Jameson whiskey and left the room littered with bottles and trash, sources say. Lohan is said to have pleaded with the staff to keep the bar open once closing time hit, and when the staff refused the Mean Girls star reportedly summoned the police and complained that she and her friends had been held captive in the karaoke room. No police report was filed.

Twitter

@MarkDuplass
TWISTER was invented by a couple trying to get their dinner guests to swing with them, right?

@ABFalecbaldwin
The Post is obsessed w my wife's boobs. Get in line.

@bobsaget
When someone says something negative to you, turn it into a positive. Tell them you want to sleep with their mother.

Katy Perry and John Mayer. ALL IMAGES GETTY

Mayer's marriage proposal to girlfriend Perry 'a question of when' not if

Katy Perry and John Mayer are getting so serious that news of an engagement is all but inevitable at this point, according to Us Weekly. "Everyone knows it's just a question of when John will propose," a source says. Perry and Mayer, who have been dating for more than a year — with a three-month break earlier this year — "realize they must be together," the source adds. "They Skype and text all day. John always checks in before bed."

ValueVillage

Check out **valuevillage.com** for even more great ideas plus DIY costume how-tos!

#thriftortreat

24-karat makeup: SS 14's golden girls

Shimmer and shine. Pat McGrath's glittering brows at Dior and Dries Van Noten's side partings fashioned with gold leaves have given us gold fever. But for everyday wear simply work in a hint of warm, sparkly hues to get that candlelit glow.

ROMINA MCGUINNESS
Metro World News

The show-stopping gold make-up looks spotted on the SS 14 runway were beautiful, but they only work on the runway. You don't want to dazzle your colleagues with all your bling or crack a tooth on the glitter that's landed in your granola.

"Gold makeup is incredibly flattering and works with all skin tones — pretty much everyone can suit a chocolatey bronze. It's like adding sunlight to your face," makeup artist Florrie White, who's worked with the likes of Blake Lively and Rosie Huntington-Whiteley, tells us.

She shows us how to play with the trend:

Highlight Your Face

"A gold highlighter (try the Smashbox Halo Highlighting Wand in Gold or NARS multi-stick in Malibu) will give you that candle light luminosity. Focus on the inner corner of the eyes (to open them up and take away tiredness) and on the temples. Dab some right down to the apple of your cheek so that when you move you get a fuzzy glow around you. Highlight the bridge of the nose for an extra spot of light and your cupid bow to create a fuller top lip."

Warm Your Eyes

"Go for a blown out, gold-bronze smoky eye by using a chocolate gold liner under the eye (try Charlotte Tilbury's eye powder pencil in Sophia). Really bring out the lash line by blending it down. Next, take a gold eye shadow, such as L'Oreal Color Infallible in Goldmine, and wash it all over the lid. Really blend it out so that you get a warm glow behind the lashes. Enhance the look by adding a little bit of a darker eye shadow (such as Color Infallible in Sahara) in the eye sockets."

As for the rest...

- Frame the eyes by slightly grooming and filling in your eyebrows.
- Apply a glittery beige-nude on your lips. Besame Cosmetic's lipstick in Champagne works well.
- Make sure your mascara is combed through and that you don't get powder or cream stuck on the lashes, as this will take away from your lash line.
- Add some gold flecks to your face with NARS's Orgasm Blush.

And for a little extra sparkle we loved:

Dior does gold best with eyes that make accessories unnecessary. GETTY IMAGES

NARS

Eye paint in Iskandar
narscosmetics.com

Topshop

Glitter eyes in Sprinkles
topshop.com

Shiseido

Luminous satin eye colour trio in Into The Woods
shiseido.com

Besame Cosmetic

Lipstick in Champagne
besamecosmetics.com

Charlotte Tilbury

Eye powder pencil in Sophia
charlottetilbury.com

Barry M

Glitter nail paint in Gold Majesty
barrym.com

Upping the comfort quotient

Homebody hedonism. As cooler weather closes in, creating a quiet nook all for yourself provides some at-home escapism

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Whether on a quiet Saturday morning or early mid-week evening, we all have times when we crave some space to ourselves — and many of us have a special nook in our home that allows us to get away.

For some, that space is found in the corner of a comfy sofa or by lying in bed to read. For others, it's getting away from roommates and family by socializing on the computer.

Creating a quiet spot all your own doesn't take up much space; it's about surrounding yourself with comforts you enjoy.

A favourite chair can be styled with a back-support pillow, decorative throw or a small side table.

In the bedroom, add some support pillows for reading, and a laptop or portable television for watching movies. Grab a pair of earphones so you can selfishly listen to your own movie or music, thereby helping to create a world all your own.

At your desk, make sure you have a spot for your favourite coffee cup, a relaxing scented candle and some family or vacation photos to offer up visual breaks from the computer screen.

Great comfort and support for studying, reading or while watching television in bed. Microsuede Backrest, $25, bedbathandbeyond.ca.

From office to bedroom to living room, an extra side table can be used to hold a book, coffee or decorative candles. Lawson Side Table, $174, homesav.com.

Keep your favourite cup of java warm while reading in bed, soaking in the bath or socializing online. Place one in every comfort nook around your house. Salton Mug Warmer, $10, Walmart. Check walmart.ca for store availability.

Stylish, sleek and reminiscent of a first-class lounge seat, this chair won't get in anyone's way. Benson Motion Recliner, $1,800, urbanbarn.com.

This anywhere lamp casts the perfect spotlight for reading in bed, the office or the living room. Graham Table Lamp, $322, crateandbarrel.com.

Place your single-serve brewer close at hand, and you can have Tim Hortons coffee without even getting up from the lounger. Tim Hortons Single Serve Coffee Cups, $9 per pack of 14, timhortons.ca.

Pest control

Halloween candy works a treat on pesky mice

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

I live in an older home in Halifax and often have mice in the fall season. How do I get rid of them? Thanks, Mr. Butler!
— Kathy

As many people know, mice become more common indoors in the fall because they want to come in from the cold.

Well, as one caller from Nova Scotia suggested on a recent radio show, you could buy a white mouse and let that loose in your home — then when the outdoor mice encounter it, they'll think they've seen a ghost and run away. Alright, that's a terrible joke (and trust me, it's not the way to get rid of mice) but as it happens, there's another Halloween-related theme that comes in handy when dealing with the pesky rodents.

When I was a working butler, we had mouse problems at my employers' home in the country. I was taught the following trick, and it really works:

- Get a large glass jar such as an empty pickle jar.
- Fill the base of the jar with at most one cup of corn syrup, as well as a few pieces of broken chocolate (possibly from your Halloween candy pile) and half a handful of peanuts.
- Put the jar in the area where you have mice, then take a yard stick and lean it so it's resting on the open neck of the jar and the floor.

The mice will smell the concoction of sweets and nuts, walk up the yard-stick and fall into the jar. They'll be unable to get out as long as you pick a large enough jar.

Now, I know there are many chemical solutions for getting rid of mice, but let me tell you, this good old-fashioned method works like a charm every time, and after you catch a few the mouse problem is all gone. Good luck, Kathy, and do let us know how it goes.

Sure, he's cute. But if you don't want him in your home all winter, take Charles' advice. ISTOCK

Have your jack-o'-lantern and eat it too — in a creamy Pumpkin Soup

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

This fall, enjoy the abundance of pumpkins that are virtually found everywhere!

Pumpkins are rich in carotenoids, recognized to keep your immune system healthy and strong.

If you would like to try using fresh pumpkin instead of canned, just roast a small pumpkin at 400 F until tender, about 45 minutes. Cut open, scrape away seeds and scoop out pulp and mash.

Ingredients

- 2 tsp vegetable oil
- 1 1/2 cups chopped onions
- 1 1/2 cups chopped carrots
- 1 1/2 tsp minced garlic
- 1 tsp minced ginger
- 3 cups chicken or vegetable stock
- 1-1/2 cups canned pumpkin purée
- 1/2 tsp cinnamon
- 1/2 tsp ginger
- 1/8 tsp nutmeg
- 1 tsp hot sauce
- 1 cup light coconut milk
- 1-1/2 tbsp honey

Garnish

- 1/4 cup low fat sour cream

1. In saucepan sprayed with cooking spray, heat oil over medium-high heat; cook onions, carrots, garlic and ginger for 10 minutes, stirring frequently, or until onions are softened and browned. Stir in stock, pumpkin, cinnamon, ginger, nutmeg and hot sauce. Bring to a boil. Reduce heat to low, cover, and cook for 30 minutes or until carrot is tender.

2. In batches, purée soup in a blender. Return soup to saucepan. Stir in coconut milk and honey. Gently reheat.

3. Divide among soup bowls.

Pumpkin and Light Coconut Milk Soup

This recipe serves four and contains 172 calories per serving. ROSE REISMAN

4. Garnish: Place sour cream in a small plastic baggie. Snip off the end corner of the bag. Carefully draw approximately 3 to 4 circles on top of the soup as in photo. Use a toothpick to drag lines from the centre out toward the edges to create a web design.

For your phone

Foodie Halloween Treats (iPad/ iPhone; free)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

There's spooky treats for all in this fun collection of 40 Foodie Halloween recipes spanning drinks, cakes, cookies and candies. Enjoy chocolate frogs, spice-roasted pumpkin seeds, and caramel apple cider cocktails.

Friends of the Riders
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5 x $100,000 Cash Prizes - $500,000
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Tickets: $10 Each; 5 for $25; 15 for $50

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Main Prize Draw: Thursday, October 31, 2013 - 5pm, Mosaic Stadium

Only 6 days left! HURRY!

For Tickets Call Toll Free 1-800-668-1999 www.friendsoftheriders.com

FINDING THE PERFECT HOME FOR YOU

THE RED DOOR VENTURE GROUP

There's no greater joy than creating the perfect home without compromise.

Regina-based Red Door Rural Program is the perfect opportunity for homebuyers to create their happy ending while they choose a home, says the Red Door Venture Group's spokesperson Jaimey Midtdal.

The program allows homebuyers to choose their favourite of four different floor plans while also selecting what neighbourhood fits their lifestyle from a wide range of pre-approved neighbourhoods throughout southern Saskatchewan

"We wanted to make sure our buyers didn't have to compromise on either their home model or the location because, with us, they can have both," Midtdal says.

The popular program offers a range of homes that are CSA-approved, pre-built, ready-to-move, which means homebuyers won't have to wait for their happy ending.

CONTRIBUTED

"Buyers of other developments often have to wait for more than a year for their new home to be completed, but we wanted to do something different for our customers."

The homes are ideal for a variety of buyers, including those choosing their first homes or more established buyers looking for an upgrade or room to grow. With four practical floor plans ranging in size from 1,000 square feet to 1,300 square feet, there is definitely room to grow.

"We wanted customers to be able to get excited about their new home purchase without having to wait to move in."

There are four dynamic bedroom floor plans to choose from — Athabasca, Greenwater, Blackstrap and Cypress.

Athabasca is the largest and features a master bedroom with a walk-in closet. Families might find the Greenwater floor plan ideal since it is spacious with three bedrooms, one bath and a large open kitchen with a walk-in pantry. The Blackstrap is perfect for a couple with room to grow and features two bedrooms and one bath, with a practical main floor laundry. Cypress boasts three bedrooms at a slightly smaller scale for buyers looking for a simple size.

For more information, please see RedDoorVentureGroup.ca.

OPPORTUNITY KNOCKS IN SASKATCHEWAN

It's not often opportunity knocks on your door, but Saskatchewan is brimming with promise that has the attention of real estate developers — and for good reason.

Saskatchewan's economic growth and economic potential is a wealth of opportunity for the real estate sector, says Jaimey Midtdal, spokesperson for the Red Door Venture Group, who says developers are flocking to the region.

"The boom in immigration and increased job opportunities are making Saskatchewan one of the best places in Canada to buy a home," Midtdal says. "It's growth we're proud to be a part of. We turn good ideas into profit for our customers while giving them the tools they need."

The Red Door Venture Group is taking advantage of the province's solid economic foundations as it begins to build a variety of some of the best valued homes in the country.

"The amount of undeveloped land has attracted real estate developers who see a bright future and burgeoning economy. There is real estate potential as far as the eye can see in Saskatchewan and it is potential that investors should be taking advantage of."

The Regina-based company partnered with leading local developers to deliver high-quality developments across the province. The enormous amount of undeveloped land in Saskatchewan has left the real estate market open for new and innovative real estate opportunities for developers and for buyers, Midtdal says.

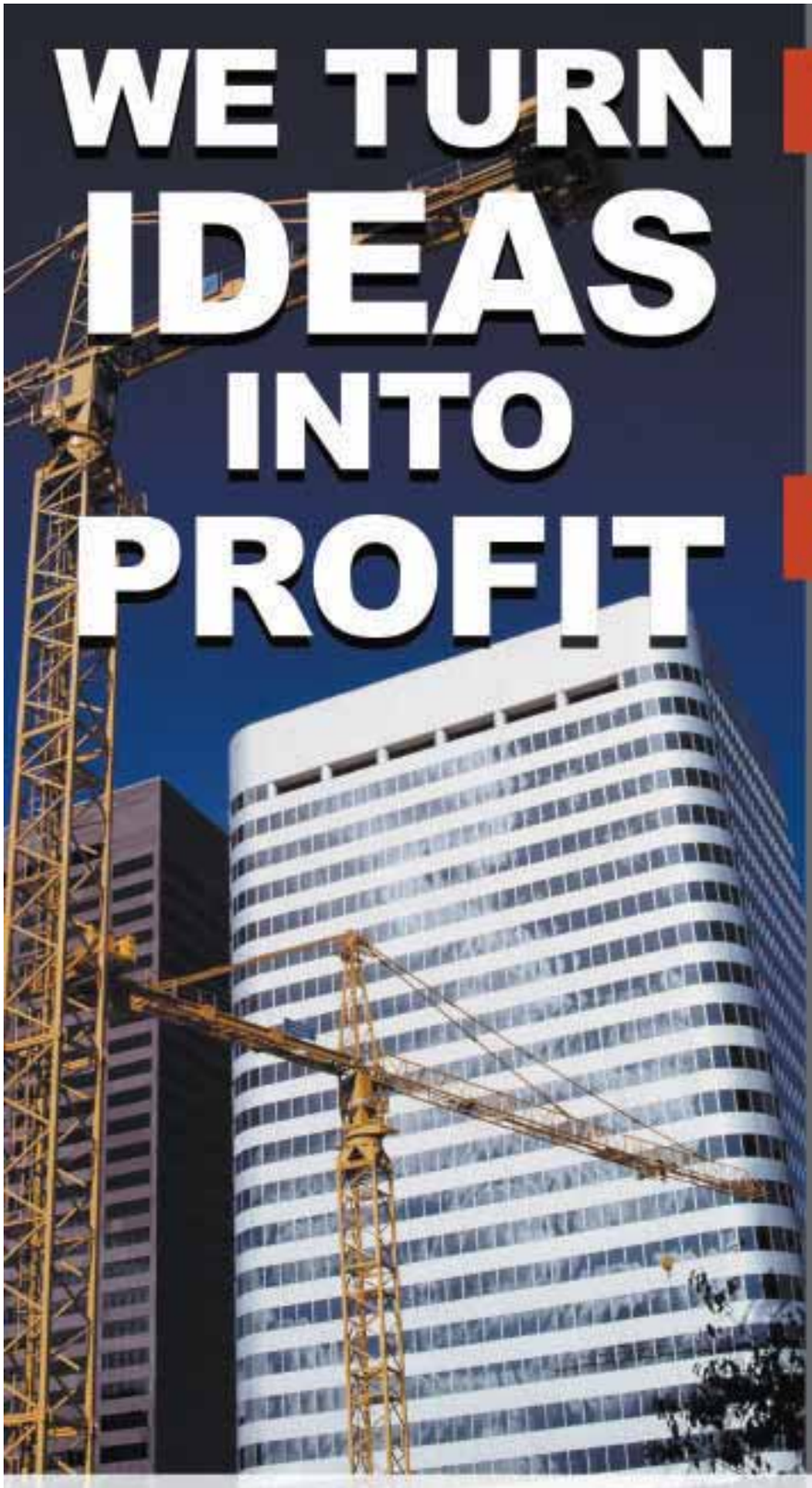
"The province's solid economic foundation has allowed unprecedented growth in Saskatchewan, and the real estate market has followed suit. We have innovated the way people buy homes."

Working with developers from the land acquisition stage all the way to the concept design and sales allows the group to leading developments for clients that are the envy of the country.

For more information about Red Door Venture Group, or to schedule a complementary consultation, please visit RedDoorVentureGroup.ca.

PRESSMASTER/COLOURBOX

WE TURN IDEAS INTO PROFIT



WHO ARE WE?

Red Door Venture Group is a multi-faceted firm dedicated to real estate developers that are looking to make their mark in the booming province of Saskatchewan. Our commitment is to produce turn-key developments for clients from land acquisition to concept and design to sales. We have an easy all-service system available to our clients. Whether you are a long-term Saskatchewan developer or a new developer interested in Saskatchewan, we are the ones to turn to.

OUR VALUES

Excellence
We take the most precise, concise, consistent approach when getting things done.

Ethics
We treat people with respect and interest, tailoring our interactions with them.

Accountability At All Levels
We do what we say we are going to do.

Confidentiality
We are entrusted with information that becomes our business and we keep it our business.

Loyalty
We are loyal to our customers and each other.

Trustworthy
People experience us as genuine, authentic and real.

Collaboration
We continuously teach and learn from each other.

"The Best Boutique Marketing Group For Developers Within Saskatchewan"

RED DOOR VENTURE GROUP
306.525.6527
www.RedDoorVentureGroup.ca
Suite #110E - 2201 11th Ave
Regina, Saskatchewan
S4P 0J8

CONTRIBUTED

CREATE ORIGINAL PAINT COMBINATIONS FOR YOUR HOME DECOR

What will your walls be wearing this fall? Leading Canadian paint brand DULUX® paint is making it easier than ever to bring one of the hottest trends in fashion into your home decor with the launch of a unique colour campaign.

As a way to showcase its fall 2013 palette, Dulux paint has taken the latest splatter paint fashion fad to a new dimension. By visiting the Dulux brand Facebook page (facebook.com/duluxcanada), Canadians can mix and match this season's top paint picks through a unique app that allows users to splatter colours on an online canvas and enjoy their one-of-a-kind creations on their own custom-designed T-shirt.

Called the "Dulux Collection" campaign, anyone can experiment with colour and create original paint combinations that they can not only wear, but also add flair to their home decor.

"Splatter painting is all about the dynamic play of colour and movement and a lot of inspiration can be drawn from the way colours interact with each other," said Martin Tustin-Fuchs, brand manager for Dulux paint. "This is particularly helpful in choosing colours for the home, from finding colours that work well together, to playing with the proportions of colours in a room."

Popular Dulux paint fall colours include rusty reds, royal blues, warm browns, deep greens and pastel blues and mauves, such as Dulux paint's Cranberry Zing red, Sail Away blue, Antique Photograph brown, Swiss Pine green and Viola mauve.

Tustin-Fuchs recommends choosing one of this season's hot colours for the main walls of a room, highlighting one wall in a different accent colour, and using one or two other colours of the palette in accessories — from furniture and pillows to rugs and art.

The Dulux Collection campaign runs until Dec. 15. Each custom-designed T-shirt is free with the purchase of a Dulux Club membership. For more, visit dulux.ca.

CONTRIBUTED

CONTEMPORARY HOMES AT AFFORDABLE PRICES

Artisan Design Build offers Regina residents new homes with luxury and affordability.

Artisan launched its Ice series in September, highlighting stucco and stone exteriors with a flat roof and bamboo accents for contemporary styling, inside and out.

"Basically, it's premium modern living at an affordable price," says Michelle Lam, marketing manager.

"It's for people who are style-conscious. They like the modern style, with clean lines and open concept spaces."

For example, contemporary kitchens include high-quality cabinetry, quartz countertops, and tile backsplashes. Main and second floors include nine-foot ceilings, featuring wood and glass railings, triple pane windows, and tile and glass accents in the five-piece ensuite bathrooms.

"The finishes add to the luxuriousness of the Ice series," Lam says.

The company designs and builds custom houses, as well as Ice, Spark, and Signature series plans, in such communities as Harbour Landing, Edgewater, Skyview, Greens on Gardiner, and Emerald Park.

Using the latest building technologies such as insulated concrete forms (ICF) foundations, Artisan also helps homeowners reduce energy costs and minimize environmental impacts.

"We've found a way to provide top quality materials and contemporary style that look very modern without creating excessive expense," Lam says.

Lane Way Homes in Harbour Landing *Prices Starting at* *$354,044*

The Aries

1418 sq.ft.
5318 Whereatt Road
$387,168

The Lyra

1318 sq. ft.
5314 Whereatt Road
$367,568

The Orion

1377 sq.ft.
5322 Whereatt Road
$386,377

The Pavo

1448 sq. ft.
5310 Whereatt Road
$393,048

Show Homes
244N Thauberger Road
5301 Mitchinson Way
Monday – Thursday 7-9pm
Saturday & Sunday 1-5pm

artisan

Find your new home now at *www.ArtisanDesignBuild.ca*
Call us at 306-988-1869

Above prices include house, lot, GST, connection fees & piles. Images are artist renditions and are subject to change.

A THROWBACK TO THE GLAMOUR OF 1960s

Fontaine Bleu is a stylish condominium project surrounded by an environmental reserve and park space in Harbour Landing.

"Our goal is to bring a product to Harbour Landing that is a bit different from anything else that is there," says Dwain Anderson, owner of Anderson Builders Group. "I think people are going to be excited about the amenities Fontaine Bleu has to offer."

Fontaine Bleu was inspired by its namesake in South Miami, a throwback to the mid-century, where style and convenience meet.

The development will be equipped with a pet washing station in the heated underground parking, a fitness room, a theatre room, and a suite that residents can reserve for their out-of-town guests.

"Condo living appeals to a large demographic of people because of the convenience," Anderson says. "We wanted to make sure we offer them all that they need to make life easier, making more time for all that matters in their lives."

Units in Fontaine Bleu start at $199,900, and standards include central air conditioning, stainless steel appliances, and front load laundry.

CONTRIBUTED

And with a theme reminiscent of the style and glamour of the 1960s, all the interior finishing packages are named after stars of the era. The standard is the James Dean package, followed by Frank Sinatra, Elizabeth Taylor and, finally, Marilyn Monroe.

"In the Marilyn Monroe package we had to play to who Marilyn Monroe was, and what she's remembered for, one thing being her bright red lips," says Connie Wolbaum, project development manager. "The Marilyn packages exude that with one of them being black leather flooring, gloss white cabinetry, a red quartz countertop, and a bling-like backsplash. I'm sure Marilyn would be proud."

What perhaps is most impressive about Fontaine Bleu is the price. Two-bedroom, two-bathroom units in Phase 1 start at $254,900 with possession dates this spring. And Phase 2 will not be far behind, with one-bedroom, one-bathroom units starting at $199,900. More than 70 per cent of the homes have been sold.

FONTAINE BLEU

2 Bed 2 Bath Stylish Condos starting at $254,900

Surrounded by park space and environmental reserve in Harbour Landing
Heated underground parking and central air conditioning included
Fitness room, theatre room, and dog/car washing bay in parking

Now taking reservations for Phase 2 where large 1 Bed 1 Bath condos start at $199,900.

*Contact **Connie Wolbaum** at **306-552-5644** or by email at*

connie@fontainebleu.ca

*See us at our temporary show suite at **1827 Albert Street.***

www.fontainebleu.ca

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WORKOPOLIS

"Number one job site" based on six-month average online job postings for period ending September 30, 2013. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2013 Workopolis.

Simon Whitfield

Olympic gold medallist retires

Canadian Olympic gold medallist Simon Whitfield announced his retirement from competitive triathlon early Wednesday, becoming a consultant in sports entertainment.

Simon Whitfield
THE CANADIAN PRESS

Whitfield, from Kingston, Ont., won gold at the 2000 Sydney Olympics and silver at the 2008 Beijing Games.

THE CANADIAN PRESS

NHL

Rookie standout staying in Calgary

Sean Monahan will remain with the Calgary Flames this season instead of being returned to his junior club.

"We feel good about the decision we've made," general manager Jay Feaster said in making the announcement. "We believe his development is best served with us."

THE CANADIAN PRESS

NFL

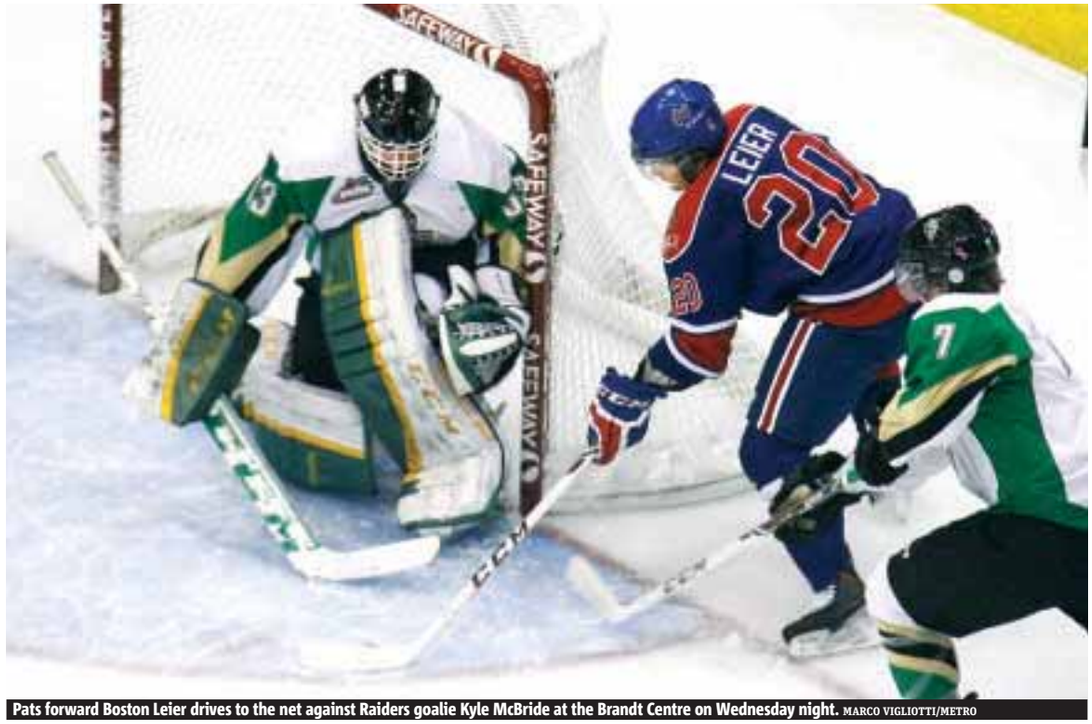
Manning sits out Broncos practice

A tender ankle kept Peyton Manning out of practice Wednesday when the Denver Broncos began preparations for the Washington Redskins.

Manning said he'll be back Thursday, however.

This was the first time Manning has missed a practice in Denver.

THE ASSOCIATED PRESS


Pats forward Boston Leier drives to the net against Raiders goalie Kyle McBride at the Brandt Centre on Wednesday night. MARCO VIGLIOTTI/METRO

McBride denies Pats seventh straight win

WHL. Raiders goalie stops 42 shots to hold on to division lead

MARCO VIGLIOTTI
marco.vigliotti@metronews.ca

Riding the strength of a 42-save performance from netminder Kyle McBride, the Prince Albert Raiders held off the Regina Pats 3-1 in Western Hockey League action Wednesday night at the Brandt Centre.

Jayden Hart scored the game-winning goal early in the second and Josh Morrissey netted the insurance marker midway through the third, as the Raiders (8-5-1) fended off a red-hot Pats (7-6-0) team to move within two points of first place in the Eastern Conference.

Boston Leier had the only goal for the Pats, which dropped only their second game in the month of October.

The loss also snaps the Pats' six-game winning streak and prevents them from surpassing the Raiders for first in the East division.

Despite outshooting the Raiders 43-20, the Pats were unable to muster much offence, falling short in all six power-play opportunities.

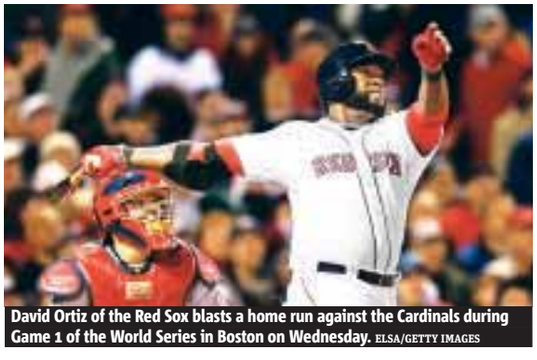
The Pats couldn't solve McBride during a five-minute power play midway through the third after Mike Winther was sent off for a crushing check to the head.

Just before the penalty elapsed, Pats forward Geordie Maguire took a hooking call, giving the Raiders an abbreviated power-play chance, which they capitalized on for their final tally of the night.

On Wednesday

Raiders	Pats
3	1

Cards defence folds under Game 1 pressure


David Ortiz of the Red Sox blasts a home run against the Cardinals during Game 1 of the World Series in Boston on Wednesday. ELSA/GETTY IMAGES

Given a bit of help by the umpires and a lot more by the Cardinals, the Boston Red Sox turned this World Series opener into a laugher.

Mike Napoli hit a three-run double right after the umps reversed a blown call, Jon Lester made an early lead stand up and the Red Sox romped past sloppy St. Louis 8-1 Wednesday night for their ninth straight World Series win.

David Ortiz was robbed of a grand slam by Carlos Beltran — a catch that sent the star right-fielder to a hospital with bruised ribs — but Big Papi later hit a two-run homer following third baseman David Freese's bad throw.

The Red Sox also capitalized on two errors by shortstop Pete Kozma to extend a World Series winning streak that began when they swept St. Louis in 2004. Boston never trailed at any point in those four games and, thanks to this embarrassing display by the Cardinals, coasted on a rollicking night at Fenway Park.

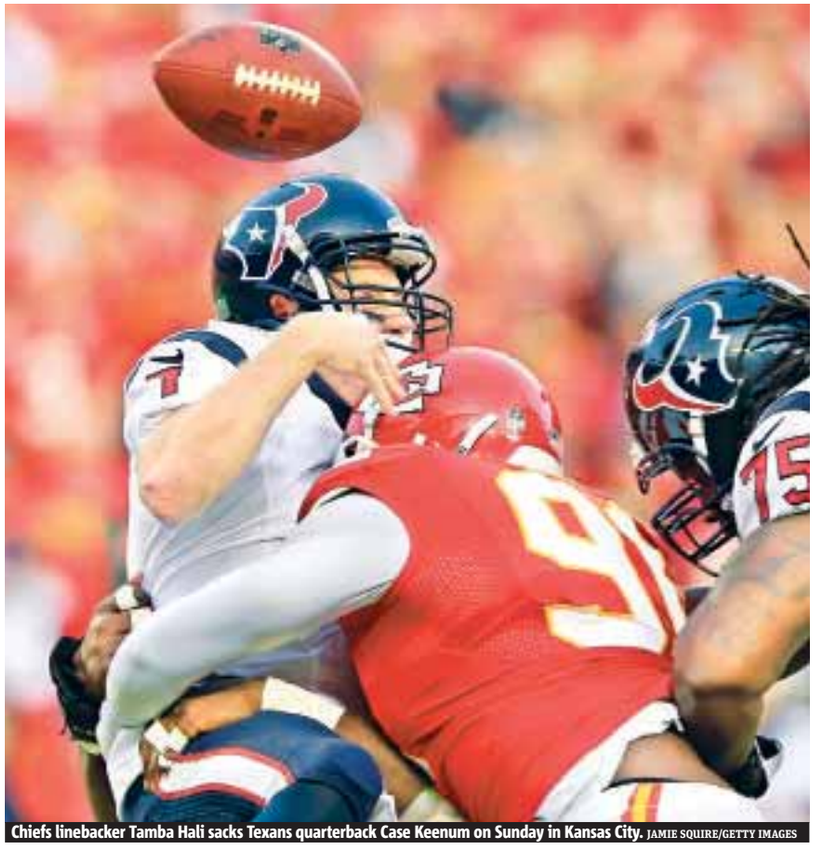
Game 2 is Thursday night, with 22-year-old rookie sensation Michael Wacha starting for St. Louis against John Lackey. Wacha is 3-0 with a 0.43 ERA this post-season.

THE ASSOCIATED PRESS

Game 1

Red Sox	Cardinals
8	1

4 SPORTS



Chiefs linebacker Tamba Hali sacks Texans quarterback Case Keenum on Sunday in Kansas City. JAMIE SQUIRE/GETTY IMAGES

Hail to the healthy, undefeated Chiefs

NFL. Key injuries to opponents, favourable schedule big reasons K.C. still unbeaten

Chiefs coach Andy Reid stepped to the podium Wednesday and, as usual, was about to begin his news conference by delivering a quick run-through of the injury report.

Then he stopped himself. He looked at his notes. He shrugged.

"We don't really have any injuries," he said. "Everybody's going to practise today."

Of course. That's the way things are going for the charmed Chiefs this season.

As teams across the league deal with devastating injuries to some of their best players — quarterback Sam Bradford in St. Louis, wide receiver Reggie Wayne in Indianapolis — unbeaten Kansas City has just about everyone healthy, just as it has most of the season.

Throw in a favourable schedule and a wave of key injuries to opponents, and it seems as if everything is lining up in the most splendid way imaginable for the Chiefs.

"This is a rough business. Injuries do take place. I get it. But we've been fortunate," Reid offered by way of an explanation. "That's really what it is."

The Chiefs have certainly had times where injuries stacked up. Just a couple of years back, running back Jamaal Charles and safety Eric Berry, both Pro Bowlers, went down with season-ending knee injuries a week apart, sending the team into a downward spiral.

Just about the worst thing to happen to the Chiefs this season has been injuries to a couple rookies who were likely to be backups: Tight end Travis Kelce and safety Sanders Commings. Kelce is done for the year, but even Commings is due to come back from injured reserve soon.

"Some of it is chance," Reid said. "Sometimes it comes in waves. That's how it works."

THE ASSOCIATED PRESS

Attacking the wounded

It's not just that the Chiefs have been healthy; it's that their opponents have not.

- Starting in Week 1, when Jacksonville quarterback Blaine Gabbert was dealing with a thumb injury, Kansas City has met teams in disarray.
- The trend of facing backups continues this week, too. Browns coach Rob Chudzinski announced Wednesday that Jason Campbell will make his first start of the season in place of ineffective Brandon Weeden on Sunday.

NFL

Redskins safety's suspension reduced one game

Washington Redskins safety Brandon Meriweather's two-game suspension from the NFL for multiple helmet-to-helmet hits was cut in half Wednesday on appeal.

Two days after Meriweather was told he would miss time for repeated violations of player safety rules, hearing officer Ted Cottrell reduced the punishment to one game. Cottrell was jointly appointed by the league and the players' union. THE ASSOCIATED PRESS

CFL

Lewis fined for panning officials

The CFL fined Calgary Stampeders receiver Nik Lewis on Wednesday for using social media to criticize league officials.

Lewis was fined an undisclosed amount for tweeting critical comments about the officiating during Calgary's 27-13 win over the Edmonton Eskimos on Friday night.

THE CANADIAN PRESS

CFL. Argos running back learning to deal with triumph and disaster

It's been a frustrating season for Chad Kackert.

Injuries have forced the speedy running back to miss nine of Toronto's 16 games this year. After sitting out two weeks with a shoulder ailment, Kackert returns Thursday night when the Argonauts (10-6) face the Winnipeg Blue Bombers (3-13) at Rogers Centre.

Kackert has been plagued by knee and shoulder (twice) injuries as well as a concussion this season. But heeding some friendly advice has helped the 2012 Grey Cup MVP put his struggles into proper perspective.

"It's been frustrating but it's been a learning experience," Kackert said. "When you're not playing you have too much time to think and thankfully I got some good advice from some friends back home and have been able to find some peace and make the most out of the circumstance."

Kackert drew solace from English writer Rudyard Kipling's poem "If," an inspirational sonnet about character and integrity and remaining true to one's self. In fact, two lines from Kipling's composition — "If you can meet with triumph and disaster and treat those two impostors just the same," — are featured above the players' entrance to Centre Court at Wimbledon.

"It kind of talks about stuff you hear about every day but the way he words it is unique," Kackert said. "(The poem offers) perspective and that if I let anything get to my character, then I've lost.

"I kind of had to take that in and understand that's the one thing I do have that can't be taken away."

THE CANADIAN PRESS

Argos running back Chad Kackert is gang-tackled by a trio of Roughriders on July 11. TORSTAR NEWS SERVICE

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Toronto	10	7	3	0	34	24	14
Detroit	10	6	3	1	24	24	13
Boston	7	5	2	0	20	10	10
Tampa Bay	8	5	3	0	26	21	10
Montreal	9	5	4	0	29	19	10
Ottawa	8	3	3	2	21	24	8
Florida	10	3	6	1	22	35	7
Buffalo	10	1	8	1	13	28	3

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	9	7	2	0	31	20	14
Carolina	9	4	2	3	22	26	11
NY Islanders	9	3	3	3	29	28	9
Columbus	9	4	5	0	23	23	8
Washington	9	4	5	0	26	29	8
New Jersey	9	1	5	3	18	30	5
NY Rangers	7	2	5	0	11	29	4
Philadelphia	8	1	7	0	11	24	2

Wednesday's results
Ottawa at Detroit
Boston at Buffalo
Tuesday's results
Toronto 4 Anaheim 2
Vancouver 5 NY Islanders 4 (OT)
Columbus 4 New Jersey 1
Chicago 3 Florida 2 (SO)
Edmonton 4 Montreal 3
Washington 5 Winnipeg 4 (SO)
Minnesota 2 Nashville 0
Phoenix 4 Calgary 2
Thursday's games
All Times Eastern
San Jose at Boston, 7 p.m.
Vancouver at New Jersey, 7 p.m.
NY Rangers at Philadelphia, 7 p.m.
Anaheim at Montreal, 7:30 p.m.
Chicago at Tampa Bay, 7:30 p.m.
Carolina at Minnesota, 8 p.m.
Winnipeg at Nashville, 8 p.m.
Calgary at Dallas, 8:30 p.m.
Washington at Edmonton, 9:30 p.m.
Phoenix at Los Angeles, 10:30 p.m.
Friday's games
Toronto at Columbus, 7 p.m.
NY Islanders at Pittsburgh, 7 p.m.
Anaheim at Ottawa, 7:30 p.m.
Buffalo at Florida, 7:30 p.m.
Vancouver at St. Louis, 8 p.m.
Carolina at Colorado, 9 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Colorado	9	8	1	0	28	12	16
Chicago	9	6	1	2	26	21	14
St. Louis	7	5	1	1	27	19	11
Nashville	10	5	4	1	19	24	11
Minnesota	10	4	3	3	21	22	11
Winnipeg	10	4	5	1	26	30	9
Dallas	8	3	5	0	20	28	6

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	9	8	0	1	40	16	17
Anaheim	9	7	2	0	32	23	14
Phoenix	10	6	2	2	31	28	14
Vancouver	11	6	4	1	32	33	13
Los Angeles	10	6	4	0	26	25	12
Calgary	9	4	3	2	28	32	10
Edmonton	10	3	6	1	30	39	7

Note: Two points for a win, one point for overtime loss.

MLB PLAYOFFS

WORLD SERIES

(Best-of-7 series; x — if necessary)

ST. LOUIS VS. BOSTON

Wednesday's result
St. Louis at Boston
Thursday's game — All times Eastern
St. Louis at Boston 8:07 p.m.
Saturday's game
Boston at St. Louis 8:07 p.m.
Sunday's game
Boston at St. Louis 8:15 p.m.
Monday, Oct. 28
x-Boston at St. Louis 8:07 p.m.
Wednesday, Oct. 30
x-St. Louis at Boston 8:07 p.m.
Thursday, Oct. 31
x-St. Louis at Boston 8:07 p.m.

CFL

WEEK 17

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
x-Toronto	16	10	6	0	451	414	20
x-Hamilton	16	8	8	0	389	437	16
x-Montreal	16	7	9	0	412	424	14
Winnipeg	16	3	13	0	333	512	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
x-Calgary	16	13	3	0	513	362	26
x-Saskatchewan	16	11	5	0	468	339	22
x-B.C.	16	9	7	0	435	425	18
Edmonton	16	3	13	0	362	450	6

Sunday's result
Montreal 36 Hamilton 5
Thursday's game — All Times Eastern
Winnipeg at Toronto, 7:30 p.m.
Friday's game
Edmonton at B.C., 10 p.m.
Saturday's games
Montreal at Hamilton, 1 p.m.
Saskatchewan at Calgary, 7 p.m.

NFL

WEEK 8

Thursday's game — All times Eastern
Carolina at Tampa Bay, 8:25 p.m.
Sunday's games
San Francisco at Jacksonville, 1 p.m.
Buffalo at New Orleans, 1 p.m.
Cleveland at Kansas City, 1 p.m.
Dallas at Detroit, 1 p.m.
Miami at New England, 1 p.m.
N.Y. Giants at Philadelphia, 1 p.m.
Pittsburgh at Oakland, 4:05 p.m.
N.Y. Jets at Cincinnati, 4:05 p.m.
Washington at Denver, 4:25 p.m.
Atlanta at Arizona, 4:25 p.m.
Green Bay at Minnesota, 8:30 p.m.
Monday's game
Seattle at St. Louis, 8:40 p.m.

MLS

Wednesday's result
Chivas USA at Salt Lake
Saturday's games
Kansas City at Philadelphia, 3 p.m.
Montreal at Toronto, 4 p.m.
Dallas at San Jose, 5:30 p.m.
Portland at Chivas USA, 10:30 p.m.
Sunday's games
Houston at D.C., 1:30 p.m.
New England at Columbus, 4 p.m.
Chicago at New York, 5 p.m.
Colorado at Vancouver, 8 p.m.
Los Angeles at Seattle, 9 p.m.

Horoscopes

♈ Aries
March 21 - April 20
For best results today, you should be totally honest about your feelings — even when a backlash is likely. You may lose out in some way in the short-term but in the long-term your reputation will soar.

♉ Taurus
April 21 - May 21
A loved one can be hard to understand at times and today it may be impossible to work out what is going on in their head, never mind their heart! Don't worry, it will be OK.

♊ Gemini
May 22 - June 21
Make sure any changes you make over the next 24 hours are necessary. If you have any doubts at all you should keep things as they are, at least for the time being.

♋ Cancer
June 22 - July 23
Make a wish list and expect those wishes to start coming true over the next few days. Thoughts exist, they are real, and the more you think about what you desire, the more likely it is you will get it.

♌ Leo
July 24 - Aug. 23
You may not be the sort who is easily fooled but you should still be on your guard today. Someone you thought you could trust is playing games at your expense. Don't let their games leave you out of pocket.

♍ Virgo
Aug. 24 - Sept. 23
The planets warn you may be too lenient with someone. If you are, it is likely they will take it as a sign of weakness and take from you more. Don't let your heart rule your head.

♎ Libra
Sept. 24 - Oct. 23
Under no circumstances should you take risks with money. The Sun's move into the financial area of your chart means there is a lot to gain but more to lose.

♏ Scorpio
Oct. 24 - Nov. 22
If there is one thing you hate, it's not being sure what is true and what is false. But, there is no way of knowing today. The more thought you give the situation, the more of a dilemma it will be, so stop it.

♐ Sagittarius
Nov. 23 - Dec. 21
Some people just cannot take criticism and one such person will give you a hard time today because you pointed out where they're going wrong. They should not abuse you — they should thank you.

♑ Capricorn
Dec. 22 - Jan. 20
You seem to be in a forgiving mood, which is not like you at all. Others may be suspicious but, yes, it's true — you really do want to be nice to people. They may even be nice back.

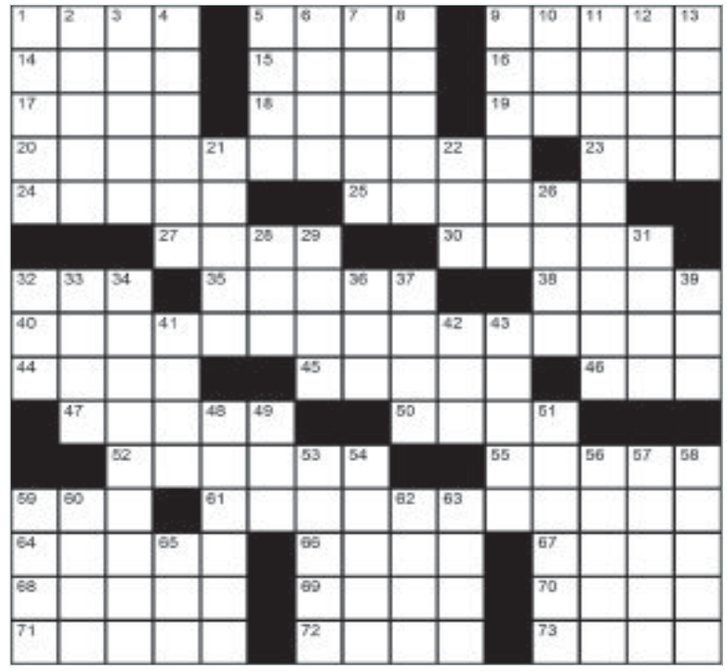
♒ Aquarius
Jan. 21 - Feb. 19
You have never been the sort to care too much what others think and if you find yourself swimming against the tide of opinion today you will be quite happy about it. You enjoy being the odd one out?

♓ Pisces
Feb. 20 - March 20
If certain people seem somewhat evasive, it's a sure sign that something underhand is going on. And, you have a fair idea what it is. Don't let them know their deceit has failed yet. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

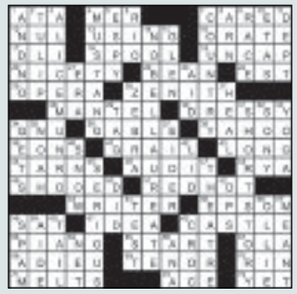
BY KELLY ANN BUCHANAN



Across
1. Botanist Mr. Gray's
5. Weight unit
9. Rose __ pink (Pretty colour)
14. 110-__ appliance
15. Hawkeye State
16. Function or purpose
17. Ancient concert sites
18. Thickening gum
19. Works the Fall leaves
20. The Fall Classic: 2 wds.
23. 'Lion' suffix
24. Big tree along coastal British Columbia, __ Spruce
25. "Whatcha Say" by Jason __
27. City haze
30. Coral formations
32. Common lunchbox sandwich [acronym]
35. Dearly departed bios
38. In the distance
40. Located in Regina, the 'Depot' of the RCMP is its what?: 2 wds.
44. Wrestling of Japan
45. Vision
46. "__ Haw"
47. Prometheus, for one
50. Words on a garage sale tag
52. "The Wiz" (1978) song: "____ Down the Road"
55. Pairs
59. __-relief
61. 1983 comedy flick featuring the SCTV characters at #11-Down: 2 wds.
64. Diminish
66. Stead
67. Trickery
68. AC/DC's "__ Bells"
69. Racetrack shape
70. "Heat of the Moment" band
71. Mr. Baldwin's
72. Jodie Foster movie
73. 12 months

Down
1. Pledges
2. "Me too.": 3 wds.
3. Warning signal
4. Celery segments
5. Jobs for musicians
6. Don Juan type
7. Trophy
8. Chocolate bar, Sweet __
9. Act on
10. Conductor, __-Pekka Salonen
11. "__ __, __!" - Bob and Doug McKenzie
12. Eras
13. Fewer
21. Matt of movies
22. Be off
26. Be up ahead
28. Kimono sash
29. Some bar drinks
31. Ditto
32. Tips, tiny-ly
33. Men's cologne brand
34. Pairs skating great who is a judge on "Battle of the Blades": 2 wds.
36. Restaurant chain, _-_-_. Friday's
37. Canadian band of "Scratching the Surface"
39. Word with Whiskey
41. Bitty bit
42. Actor brother of Miley's ex Liam ...his initials-sharers
43. "There is _ __ in the affairs of men." - Shakespeare
48. Evaluate
49. Web
51. Public transport mode
53. Synthetic yarn
54. Gullible
56. Originate from
57. Alberta village, 'Gateway to the Handhills'
58. Use profanities
59. "Who Let the Dogs Out" by __ Men
60. Cain's sibling
62. Actress Patricia
63. Bird type
65. "Cake Boss" network

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

3		2			9		5	
				6	1			2
4				5		3		
		7					9	
		4	1		5	7		
	6					2		
		8		9				6
1			7	8				
	4		2			8		5

Yesterday's Sudoku

7	8	6	9	3	2	1	5	4
2	4	1	7	5	6	3	9	8
9	3	5	4	8	1	7	2	6
3	1	7	2	6	4	9	8	5
5	2	8	3	7	9	4	6	1
4	6	9	5	1	8	2	3	7
1	7	3	6	9	5	8	4	2
8	5	2	1	4	3	6	7	9
6	9	4	8	2	7	5	1	3

UR Connected 2013

Join us October 26th for our annual fall open house visit day at the University of Regina.

Students and families can meet their faculty advisor to learn more about programs and services, tour the campus and our residences, and have fun!

Register at: www.uregina.ca/futurestudents

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